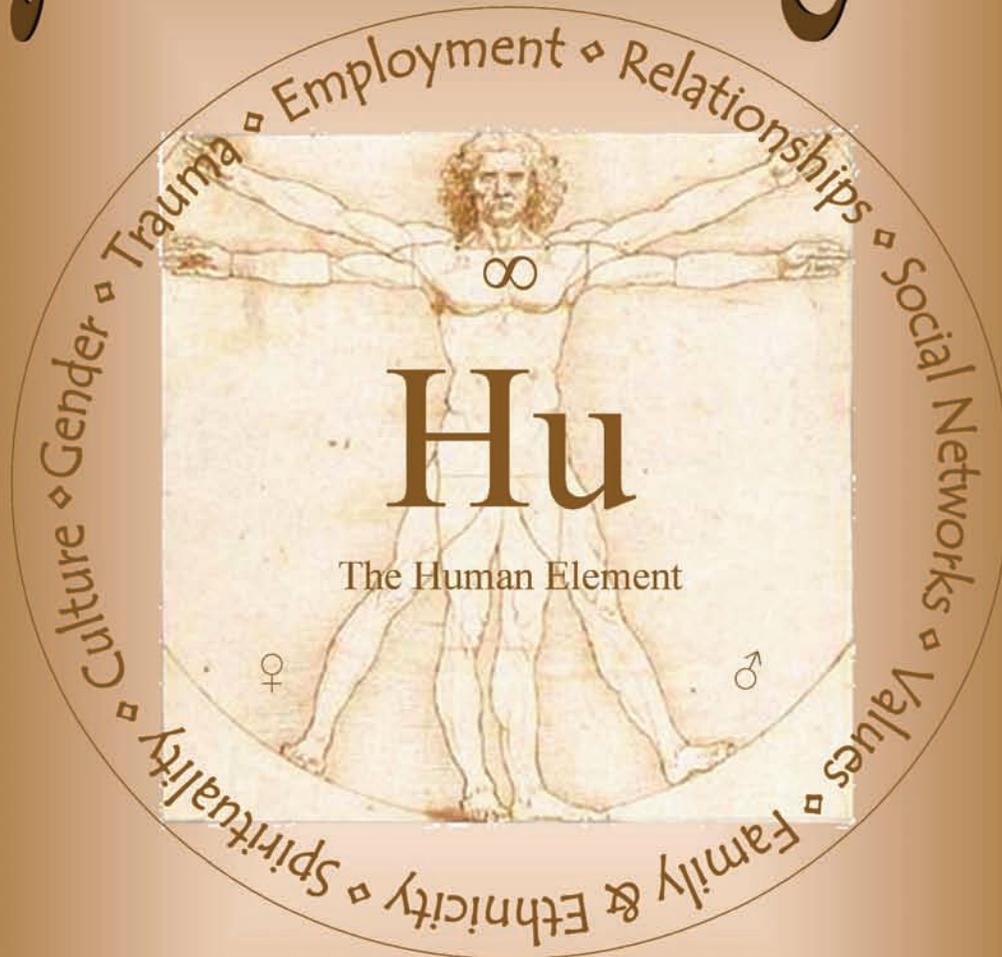




DELAWARE HEALTH  
AND SOCIAL SERVICES  
Division of Substance Abuse  
And Mental Health Training Office

# Beyond the Diagnoses



The 37th Summer Institute  
on Substance Abuse  
and Mental Health  
July 28-August 1, 2008

CLAYTON HALL, UNIVERSITY OF DELAWARE, NEWARK DELAWARE

**Legal Disclaimer:**

The views and opinions contained in the educational offerings described in this publication do not necessarily reflect those of the Division of Mental Health and Substance Abuse or the Department of Health and Social Services, and should not be construed as such.



# Institute Objectives

By the conclusion of this Institute participants will be able to:

- Understand the importance of a system of care that is trauma and gender informed, and incorporates co-occurring, holistic and person-centered services toward recovery
- Identify ways in which recovery is enhanced by a culturally competent and holistic assessment and service approach
- Understand how an integrated system that looks beyond the diagnoses improves prevention planning, individual recovery efforts, and increases positive outcomes
- Identify one way that you can make a change that supports recovery
- Address existing gaps in services to optimize recovery

## Continuing education hours are awarded as follows:

- Keynote Address = 3
- Keynote Address and ½ Day Workshop = 6
- 3 Day Workshop = 16
- 2 Day Workshop = 11.5
- 1 Day Workshop = 6.5 (Tues.- Thurs.)
- 1 Day Workshop = 5 (Friday only)
- Mini-Workshop = 3
- Evening Session = 2

**APA:** Identified workshops are co-sponsored by the Delaware Psychological Association and have been approved for CE credits. The Delaware Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Delaware Psychological Association maintains responsibility for these workshops and their contents.

The additional cost, to a participant seeking CE credits from the DPA, is \$3.00 per CE credit, payable by each participant at the end of the workshop and after completion of the workshop evaluation form.

Those who attend the workshop and complete the evaluation form will receive the continuing education credits set forth in the workshop description in this brochure. APA CE rules require that we only give credit to those who attend the entire workshop. Those arriving more than 15 minutes after the scheduled start time, or leave before the workshop is completed, will NOT receive CE credits.

**CEAP:** Professional development hours for Certified Employee Assistance Professionals.\*

**CRC:** Commission on Rehabilitation Counselor Certification.\*

**DBN:** The Division of Substance Abuse and Mental Health is an approved provider under the rules and regulations for mandatory education set forth by the Delaware Board of Nursing. DBN approval does not necessarily imply endorsement or approval of individual offerings.

**DCB:** Delaware Certification Board, Inc. \*

**DSBSWE:** The DE Social Work Board does not “pre-approve” continuing education workshops. Workshops will be evaluated for acceptability at the time they are submitted by individuals applying for license renewal.

**NAADAC:** The Division of Substance Abuse and Mental Health is an approved provider of continuing education for the National Association of Alcoholism and Drug Abuse Counselors (Provider #112). Courses leading to basic counselor training and/or personal self-improvement are not acceptable as continuing education courses.

**NCC:** The DSAMH Training Office is approved by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. NBCC approval is limited to the sponsoring organization/ individuals and does not necessarily imply endorsement or approval of individual offerings.

**NCGC:** National Certified Gambling Council. Call the Delaware Council on Gambling Problems at (302) 655-3261 if you have questions. \*

**CE:** The DSAMH office will also be awarding an individual certificate of attendance to each participant for successful completion of each workshop.

\*Applications for continuing education units have been submitted to these boards.

Note: Individual workshops may be eligible for separate certifications.

Check [www.dhss.delaware.gov/si08](http://www.dhss.delaware.gov/si08) for updated information on pre-approved CEUs.

### Delaware Department of Health and Social Services, Division of Substance Abuse and Mental Health Executive Staff:

- |                                    |                         |
|------------------------------------|-------------------------|
| Renata J. Henry, Division Director | Benjamin J. Klein       |
| Michael Kelleher, Deputy Director  | Carol L. Kuprevich, EdD |
| Penny Chelucci                     | Melissa A. Smith        |
| Steven Dettwyler, PhD              | Husam E. Abdallah       |
| Gerard Gallucci, MD, MHS           | Maurice Tippet          |
| Kim Beniquez MS, CADC              | Harris Taylor           |

### The 37th Summer Institute was designed and developed by:

- |                               |                         |
|-------------------------------|-------------------------|
| Carol Kuprevich EdD, Director | Marilyn Siebold, MS     |
| Susanne Ingle, MLS, MSIS      | Laura Taylor, MA, Chair |
| Christopher Knox, MA          | Jessica Washer          |
| Nina Licht, MS                | Dana Wise               |
| Chris Oakes                   | John Zuger              |
| Robert Panadero, JD           |                         |

## CERTIFICATION & CONTINUING EDUCATION CREDITS

In compliance with certification board requirements, certificates will be issued only to those who complete the entire duration of the workshop with no exceptions. Certificates of completion provided by Summer Institute are not guaranteed to be accepted by every licensing organization. Participants assume all responsibility for ensuring that the certificate of completion will be accepted by their professional licensing organization.



**Keynote Address  
Monday, July 28  
9:00 am to 12:00 pm**

# The Delaware Summer Institute Welcomes David Mee-Lee, MD and Stephanie Covington, PhD, LCSW

## **Presenting the Dr. Mario Pazzaglini Keynote Address “Beyond the Diagnoses” (Workshop #1213)**

Our challenge, as service providers and consumers, is to look beyond an individual’s diagnoses and to create holistic and person centered services. To focus exclusively on diagnoses fails to address the breadth of supports and services necessary for optimal recovery. Research has proven that service providers who have a broad perspective, taking into account the many facets of an individual, are more effective in engaging clients and assisting them in their recovery process.

This Summer Institute provides an array of opportunities to learn approaches that support recovery “Beyond the Diagnoses”. Topics include how to provide services that are trauma, gender, and culturally informed from a co-occurring perspective. We invite you to learn how to create recovery plans and deliver services that are guided by our clients and reflect their unique life goals across the life span.



David Mee-Lee, MD, is a board-certified psychiatrist, and is certified by examination of the American Society of Addiction Medicine (ASAM). He trains and consults internationally. Dr. Mee-Lee is Chief Editor of the Revised Second Edition

of the ASAM Criteria. He is a Senior Advisor to The Change Companies and is a Senior Fellow for the Co-Occurring Center for Excellence for Substance Abuse and Mental Health Services Administration. He has over twenty-five years experience providing person centered treatment and program development for individuals with co-occurring mental health and substance use conditions. Dr. Mee-Lee will speak on person centered treatment approaches and meeting the challenges of providing co-occurring services.



Stephanie S. Covington, PhD, LCSW, is a clinician, author, and organizational consultant. Recognized for her pioneering work in the area of women's issues, Dr. Covington specializes in the development and implementation of

gender-responsive services and trauma informed care. Her work focuses on systems change and how to build caring, compassionate, and empowering environments. Dr. Covington has served as a consultant to the United Nations Office on Drugs and Crime in Vienna and the Center for Substance Abuse Treatment and was a workshop chair for the Women's and the Trauma Treatment Improvement Protocols. Dr. Covington will address how the key to recovery for many individuals may lie in addressing an underlying history of trauma.



# Half Day Workshops

Monday, July 28  
1:30 pm to 4:30 pm



## Half Day Workshops

*Registration fee includes the Keynote and Awards Luncheon*

### #1210 Ethical Issues in Recovery-Oriented Programs and Practices

**Faculty: Taylor Anderson, MSW, LSW, CPRP**

Recovery-focused practice principles require a reframing of some generally accepted ways of thinking about boundary conditions and the application of ethical precepts. This workshop explores a number of areas, including the inclusion of peer specialists in paid program positions, that one may need to consider when thinking ethically about decisions affecting current practice. Questions are welcome.

#### Learning Objectives:

- Identify your own specific issues regarding ethical practices in recovery-oriented programs
- Define both 'classical' ethical principles and their applicability in recovery-oriented practice
- Explore means of negotiating ethical boundaries in peer-supported services

### #1187 Helping People Change: Motivating, Engaging and Attracting Clients Into Treatment

**Faculty: David Mee-Lee, MD**

Denial and resistance are expected parts of many individuals' presentation. People are often not ready to embrace strategies to improve their mental health, physical health, and substance use issues. Helping people change involves engaging them into a participatory and accountable service plan. Central to this is to quickly join with the client as a 'customer' and build a therapeutic alliance. There will be opportunity to discuss case examples and participants are encouraged to bring clinical situations and vignettes for role playing and case consultation.

#### Learning Objectives:

- Apply ways to better assess people's readiness to change and quickly develop the treatment contract
- Demonstrate skills to engage, motivate and retain individuals in treatment
- Improve the flexibility of services and documentation to promote accountable participation in treatment

### #1188 The 'Art' of Counseling

**Faculty: Karen L. Barwick, MS, NCC, & James M. Walsh, PhD**

The latest research in neurobiology suggests the use of expressive therapies empowers individuals with tools to process traumatic events. This workshop will focus on how expressive therapies can be used to enhance the counseling process, decrease social dysfunction, and increase a sense of well-being. The research findings of Pifalo, 2006 and Klorer, 2005 indicate expressive arts therapies are effective when used with trauma survivors, cancer patients, and children. A primary task in trauma treatment is establishing safety. This workshop will include components to explore and embody the concept of creating 'safe space'. Due to the experiential nature of this workshop, participants should wear loose comfortable clothing.

#### Learning Objectives:

- Identify expressive therapy modalities
- Understand the application of client-centered expressive counseling principles, modalities, and exercises
- Cite research trends supporting the use of expressive arts therapy

**Experience MINDSTORM, a  
Virtual Hallucination!**

**Available all week during  
Summer Institute at Clayton Hall**

Wearing polarized glasses, and sitting in a high-tech, virtual-reality technology theater, one can view a short 3D theater simulator of the sights and sounds, as well as selected scents and wind effects, of first person point-of-view hallucinations.



# Five Day Workshop & Three Day Workshops

## FIVE DAY WORKSHOP

Monday July 28 1:30 pm through Friday August 1 3:00 pm

*Registration fee includes the Keynote and Awards Luncheon*

### # 1186 NOVA Basic Crisis Response Training

**Faculty: Barbara Kendall CA, CCR &  
Ruth Anderson-Cole CA, CCR**

National Organization for Victim Assistance (NOVA) Basic Crisis Response Training explores crisis intervention theory and techniques for intervention with traumatized people. This workshop emphasizes the fundamentals of crisis and trauma, and how to adapt NOVA's basic techniques to individuals and groups. Topics include: crisis reactions, diagramming or analyzing traumas, crisis intervention, NOVA's Group Crisis Intervention model, fundamentals of organizing crisis intervention response, special issues, and different populations. The goals of the workshop include understanding theoretical information around trauma and learning the skills of the NOVA model for individual and group crisis intervention.

#### Learning Objectives:

- Understand crisis theory
- Describe the steps taken to prepare a crisis team for response
- Practice the NOVA model of working with large groups

## THREE DAY WORKSHOPS

Monday July 28 1:30 pm through Wednesday July 30 4:30 pm

*Registration fee includes the Keynote and Awards Luncheon*

### #1192 The Active Ingredients of Positive Change: Personal and Professional

**Faculty: Fred J. Hanna, PhD, MEd**

This workshop will involve learning the Precursors Model in an applicable and practical format. Participants will learn techniques for converting resistant, unwilling clients into clients who are aware of the need for change and willing to engage in counseling. Oppression Model: Cultural and Personal Liberation cuts to the core of multicultural issues by examining the subject of oppression and how it affects members of minority groups, people of color, and victims of psychological or physical abuse. Racism, sexism, and other "isms" are directly addressed in a no nonsense manner so that liberation and freedom can result.

#### Learning Objectives:

- Assess difficult clients and determine what change processes are needed
- Formulate a treatment program to convert the unwilling client into being willing
- Apply the cognitive therapy of oppression with clients to help them achieve a level of liberation.

**\* This workshop is co-sponsored by the Delaware Psychological Association for 14.5 APA continuing education credits. See inside front cover for details.**

### #1196 Strengths-Based, Person-Centered Planning: Toward Efficient and Effective Community Practice

**Faculty: Walter E. Kisthardt, PhD, MSW**

This workshop will provide participants with the knowledge and skills to implement strengths-based, person-centered treatment with a wide range of individuals, families, and groups. Emphasis will be placed on using measures of fidelity for consistent evaluation of helping efforts. Key concepts such as motivation, problem, and change will be explored from a strengths perspective. Topics will include identifying the six principles of strengths-based, person centered community care, using strengths assessments to engage clients, implementing strategies to collaboratively develop person-centered treatment plans that work, and utilizing group/team supervision to promote creativity and innovation in the helping process. This workshop will be highly experiential and interactive.

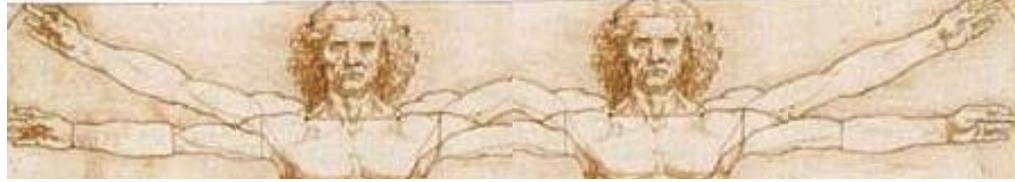
#### Learning Objectives:

- Re-think conventional definitions of motivation, problem, and change
- Use new skills to engage challenging individuals
- Use strategies that reflect evidence-based practice
- Experience being a part of group supervision to generate creative, innovative responses to challenging situations



# Three Day Workshops

1:30 pm July 28 through  
4:30 pm July 30



## MONDAY THROUGH WEDNESDAY - THREE DAY WORKSHOPS

*Registration fee includes the Keynote and Awards Luncheon*

### #1201 Helping Women Recover

**Faculty: Stephanie Covington, PhD, LCSW &  
Twyla Peterson Wilson, LCSW**

Based on Dr. Covington's manualized curriculum *Helping Women Recover: A Program for Treating Addiction*, this workshop offers a comprehensive treatment model that integrates theories of addiction, women's psychological development, and trauma. Designed to give counselors, clinicians, and others a basic understanding of the current knowledge of chemical dependency, the workshop focuses primarily on women's recovery. The workshop emphasizes the key issues of self, relationships, sexuality, spirituality, and the therapeutic techniques for dealing with these issues. Using the materials with women in the criminal justice system is also discussed.

#### **Learning Objectives:**

- Discuss the history of women's treatment
- Integrate current theoretical perspectives
- Discuss treatment environment
- Examine the multiple issues in women's recovery
- Increase participants' understanding of the needs of incarcerated women

### #1208 Group Counseling: Process & Techniques

**Faculty: Shelly DeBerry, MA, LPC**

Drawing from the work of Dr. Ed Jacobs, this workshop will focus on an active model of group leadership using Impact Therapy. This workshop will provide information and skills to enhance your effectiveness in providing group therapy. In this highly interactive workshop you will have the opportunity to focus on dynamics and processes of interactions in group counseling. You will practice using creative techniques such as cutting off, drawing out, and deepening the focus. You will leave with very practical techniques that can be easily applied to leading groups.

#### **Learning Objectives:**

- Distinguish group process elements from content
- Gain confidence in providing an active leadership role when working with diverse groups
- Identify and describe how to implement the 4 basic components of group leadership - purpose, planning, focus, and funnel
- Identify stages of the group process and phases of each group session

### #1205 Beyond Talk Therapy: Brain Gym® - A Key to Resiliency

**Faculty: Paul Hyman &  
Pam Whitman, MA**

Brain Gym® easily integrates with other therapeutic modalities and interventions helping organize the brain/body system. Used as a group or individual facilitation tool, the Brain Gym movements assist clients in restoring a feeling of calmness and control, reducing hyperactivity, and improving focus. Participants gain tools to increase a client's self-management and improve attention prior to life skill sessions. When working with trauma these are excellent grounding techniques. Clients report successfully using these techniques in moments of anxiety and/or cravings and to reduce triggers and symptoms of depression. Enhance your clinical skills while exploring this dynamic approach.

#### **Learning Objectives:**

- Describe the practical applications of Brain Gym strategies with substance abuse and mental health clients
- Adapt techniques to clinical contexts to aid clients' use of these non-verbal self-help tools
- Experience specific movements to improve counseling and learning situations

**Experience  
Acupuncture!**

**Tuesday and Friday in  
Clayton Hall Lobby**

Trained acupuncture Detox specialists will provide individual 10 minute introductory sessions. Participants will learn the principles behind pressure points and expected outcomes from this ancient art of healing.



# Two Day Workshops 9:00 am July 31 through 3:00 pm August 1

## THURSDAY & FRIDAY - TWO DAY WORKSHOPS

*Registration fee includes the Keynote and Awards Luncheon*

### #1198 Beyond Trauma: A Healing Journey for Women

**Faculty: Carol Ackley, LADC**

While research and clinical experience indicate a high incidence of co-occurring disorders in women’s lives, counselors and clinicians often struggle with the realities of providing treatment. This workshop is based on Dr. Covington’s woman-centered trauma treatment curriculum, *Beyond Trauma*, designed for use in outpatient and residential settings for women with histories of substance abuse and trauma. Cognitive-behavioral techniques, expressive arts, and the principles of relational therapy are integrated in this strength – based approach. The curriculum also has a psycho-educational component that teaches women what trauma is, its process, and its impact on both the inner self: thoughts, feelings, beliefs, values, and the outer self: behavior and relationships, including parenting.

#### **Learning Objectives:**

- Understand the historical background of trauma
- Explore the connection between addiction, trauma, and mental health
- Discuss gender differences

### #1202 Increasing Staff Performance

**Faculty: Wilma Townsend, MSW & Fran Register-Joyner, MEd**

This workshop will help managers and supervisors augment their skills, strategies, and knowledge to increase staff performance and facilitate the recovery process for improved consumer outcomes. Content will assist leadership in their development of a recovery oriented organization. An introduction to new tools will include the Comprehensive Assessment of Recovery Readiness for Systems Model, the 9-steps process of Recovery Management Planning, and Emerging Best Practices in Mental Health Recovery.

#### **Learning Objectives:**

- Define characteristics of supervision and increase staff performance toward consumer recovery
- Identify the skills needed to design, implement, and manage behavioral health services with a recovery focus
- Identify environmental, supervisory, and administrative practices and policies that facilitate consumer recovery

### #1200 Forgiveness, Remorse, and Reconciliation: Lessons Learned

**Faculty: James Walsh, PhD**

In 2006 five girls were murdered and five others wounded by a gunman in a one-room Amish schoolhouse. While the nation reacted with horror, the grief-stricken Amish reached out to the family of the murderer with forgiveness and compassion. A rich body of literature concerns the role of forgiveness in well-being. The response of the Amish community will be examined as an exemplar of the psychological conceptualization of forgiveness and pardon. Enright and Worthington’s theory of forgiveness and pardon will be examined, emphasizing therapeutic interventions that can help foster that process. Recovery from mental health disorders, addiction, and pathological gambling is facilitated to the extent that sufferers are able to experience forgiveness and pardon for themselves and for those who have transgressed against them.

#### **Learning Objectives:**

- Understand how forgiveness and pardon are related
- Describe the relationship between compassion, forgiveness, pardoning, and well being
- Use exercises to seek and extend to others forgiveness / pardon

### #1197 After an Attempt: Using Cognitive Therapy to Prevent Subsequent Suicide Attempts

**Faculty: Gregory Brown, PhD**

This workshop will explore how cognitive therapy treatment can be specifically developed to prevent subsequent suicide attempts. It will involve the identification of proximal thoughts, images, and core beliefs that were activated prior to the suicide attempt. Cognitive and behavioral strategies will be applied to address the identified thoughts and beliefs. Participants will learn how to assist individuals to develop adaptive ways of coping with stressors.

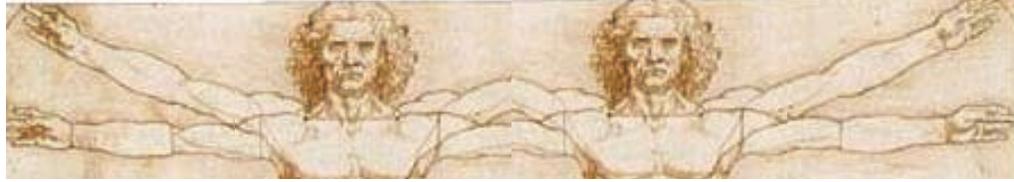
#### **Learning Objectives:**

- Understand how to effectively work with an individual after a suicide attempt
- Describe the cognitive model of crisis
- Learn how to collaboratively create a ‘Hope Box’
- Create a cognitive time line of the suicide attempt to create a relapse prevention plan

**\* This workshop is co-sponsored by the Delaware Psychological Association for 10.5 APA continuing education credits. See inside front cover for details.**



# Two Day Workshops 9:00 am July 31 through 3:00 pm August 1



## THURSDAY & FRIDAY - TWO DAY WORKSHOPS

*Registration fee includes the Keynote and Awards Luncheon*

### #1206 The New Psychology of Men Faculty: Gary R. Brooks, PhD

Mental health practitioners have faced significant challenges in adapting to the special needs of traditional men, yet much progress is being made. As we have become more cognizant of gender as a critical area of diversity, men's experiences have been better understood and more user-friendly interventions have been developed. This workshop will provide several avenues for improved intervention with traditional men. The basic elements of the traditional male role will be covered, as well as how male socialization has often led to relationship problems and avoidance of help-seeking. Participants will be exposed to an integrative model for engaging men in treatment and will identify their unique assets and liabilities in work with this population.

#### Learning Objectives:

- Identify how the core elements of the traditional male role contribute to psychological, physical, and relationship problems
- Recognize why traditional men avoid psychotherapy
- Discover the pitfalls of common therapy approaches for men

\* This workshop is co-sponsored by the Delaware Psychological Association for 10.5 APA continuing education credits. See inside front cover for details.

### #1199 Bringing Out the Best in Challenging Clients Faculty: Paul Hyman & Pam Whitman, MA

Gain new insights into trauma, addictions, attention deficit disorder, and depression! In this workshop participants will be introduced to tools from Brain Gym®, Trager®, Hendricks Approach, Touch for Health, Speaking Circles, Stress Management, and Therapeutic Recreation. Participants will gain tools to increase a client's self-management and improve attention. Used as a group or individual facilitation tools, they assist clients in restoring a feeling of calmness and control, reducing hyperactivity and improving focus. These techniques help in moments of anxiety and/or cravings and reduce triggers and symptoms of depression. This workshop will focus on practical clinical techniques that have facilitated rapid and lasting changes.

#### Learning Objectives:

- Learn simple body-oriented interventions to improve cognitive and emotional processing
- Use the 4 minute, 4-step learning readiness protocol to focus
- Practice an effective non-verbal intervention technique to use with multi-cultural groups

### #1217 Mental Health First Aid Faculty: Lea Ann Browning-McNee, MS

The root of most stigma is generally fear. The stigma surrounding mental health and substance use conditions is no different: fear of not understanding, fear of doing or saying the 'wrong' thing, and fear of not knowing what to do. Developed in Australia and presented by the National Council for Community Behavioral Healthcare, Mental Health First Aid gives the public key skills to help someone experiencing a mental health or substance use crisis. It is supported by a strong evidence base of increasing mental health literacy - the knowledge, confidence, and ability to recognize and respond to signs of mental health problems. Likened to CPR, Mental Health First Aiders learn a single strategy that can be applied to crisis situations.

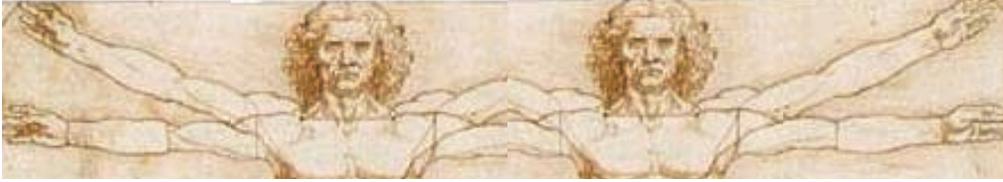
#### Learning Objectives:

- Become certified to teach and administer Mental Health First Aid
- Learn a 5-step process to assess a situation, select, and implement interventions
- Learn the risk factors and warning signs of illnesses such as anxiety, depression, psychosis, and substance use conditions

### Interested in Exhibiting at the 2008 Summer Institute?

The 2008 Summer Institute Exhibitor/Vendor application form is available online:  
[www.dhss.delaware.gov/si08](http://www.dhss.delaware.gov/si08)

Contact Nina Licht (302)255-2779



# One Day Workshops 9:00 am - 4:30 pm July 29

## TUESDAY - ONE DAY WORKSHOPS

*Registration fee includes the Keynote and Awards Luncheon*

### **#1189 Cognitive Behavioral Therapy for Medication Adherence**

**Faculty: Donna Sudak, MD**

Cognitive Behavioral Therapy (CBT) is the most substantially researched form of psychotherapy for serious mental illness. A body of literature supports the use of combined treatment approaches, CBT and medication, for persons with severe mental disorders. This workshop will focus on the combination of these approaches, which has been shown to decrease relapse and increase adherence. Specific CBT techniques to promote medication adherence and ‘high yield’ results through brief sessions will be taught.

#### **Learning Objectives:**

- Understand the benefits of combining CBT and medication management for many axis I disorders
- Identify CBT techniques to combat inertia and anxiety
- Use CBT techniques to promote medication adherence

### **#1212 Clinical Suicidology: Assessment and Treatment of Suicidal Patients**

**David A. Jobes, PhD, ABPP**

This workshop will address the spectrum of considerations related to clinical work with persons who are suicidal. From epidemiology, to theory, to research, we will consider differential assessment of suicidal states, and a range of clinical interventions and treatments. Additionally, ethical issues, risk management, and counter-transference issues with this population will be addressed. Using a case-oriented format, the workshop is designed to be practical and applicable to general clinical practice in a particularly challenging treatment domain.

#### **Learning Objectives:**

- Learn appropriate assessments of suicidal states
- Identify effective interventions and treatments of suicidal states
- Describe ways to decrease the risk of malpractice liability with high risk populations

**\* This workshop is co-sponsored by the Delaware Psychological Association for 6.0 APA continuing education credits. See inside front cover for details.**

### **#1191 Treatment Planning: Improving Documentation Skills and Clinical Use of the Treatment Plan**

**Faculty: David Mee-Lee, MD**

In the current environment of increased accountability, greater scrutiny, and diminishing resources, clinicians struggle with how to focus and target treatment under time and reimbursement pressures; how to reflect individualized treatment; and how to effectively engage individuals into a cooperative and accountable treatment plan. This workshop will improve participants' knowledge in providing focused, targeted, individualized treatment. It will provide the opportunity to practice assessment and priority identification, and translate that into a workable, accountable recovery plan with measurable objectives focused to meet the needs of the individual. This workshop will help clinicians and care managers improve communication around assessment and treatment planning. It will teach skills on the resolution of disputes with managed care authorizations for service and better communication of the recovery plan.

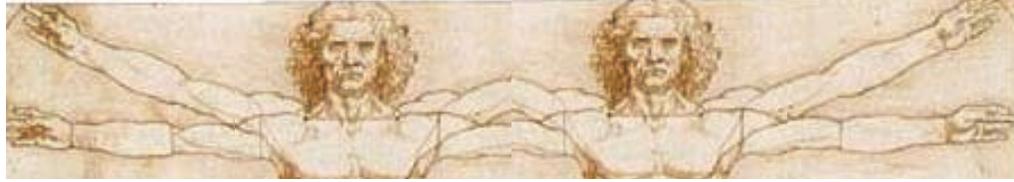
#### **Learning Objectives:**

- Review principles of individualized recovery planning and expectations of external reviewers, accreditation, and licensure standards
- Apply ways to individualize problems, measurable objectives, and service strategies
- Explain how to communicate the plan to care managers and the individual



# One Day Workshops

## 9:00 am - 4:30 pm July 30



## WEDNESDAY - ONE DAY WORKSHOPS

*Registration fee includes the Keynote and Awards Luncheon*

### #1190 Voices: A Program of Self Discovery and Empowerment of Girls

**Faculty: Carol Ackley, LADC**

Adolescence is a time of tremendous discovery, struggle, and growth. This process is particularly difficult for girls as they face unique challenges along the road to healthy development. Their challenges can be exacerbated by our culture – which often offers girls a toxic environment in which to grow. Many young women lose their voice in this process. This workshop is based on the curriculum, *Voices: A Program of Self-Discovery and Empowerment for Girls*. It is designed to encourage girls and young women to find and express themselves. The program materials (facilitator's guide and participant's workbook) can be used in schools, treatment facilities, and juvenile justice settings. Specific principles for designing services are discussed. The focus is on interactive exercises that demonstrate strategies to use with girls and women. Topics covered include developing a positive sense of self, building healthy relationships, substance abuse, physical and emotional wellness, sexuality, and planning for a positive future. The issues of young women and girls in the criminal justice system are also addressed.

#### **Learning Objectives:**

- Understand the world of girls/young women
- Discuss gender differences
- Explore elements of gender-responsive services
- Demonstrate specific strategies

### #1207 Beyond Differences – Building a Community for All

**Faculty: Al Condeluci, PhD**

Change is inherent in our way of life, found in behaviors and actions of individuals and systems. What ultimately causes change? What influences decisions that result in change? This interactive workshop will explore the context of change and how the process of “cultural shifting” brought about by change can help create community inclusion. By looking more closely at human relations and understanding social capital we will discover ways that we can help the people we serve build better lives. We will also examine the challenge of relationships, change, and cultural shifting by exploring the elements related to change.

#### **Learning Objectives:**

- Understand the basics of human relations
- Explore social capital as a concept
- Focus and practice the four steps of community and social capital

### # 1215 Phenomenology of Male Veterans

**Faculty: Gary R. Brooks, PhD**

The mental health fields' face significant challenges to meet the special needs of traditional men in general and male veterans in particular. Since veterans are socialized into 'warrior masculinity', they commonly are unable to incorporate role flexibility into their lives. Additionally, military and veteran settings provide unique accommodation challenges and prohibitions on help-seeking behaviors. This workshop will provide several avenues for improved treatment of male veterans. The basic elements of the traditional male role and military masculinity will be described and we will discuss how this socialization often leads to significant coping problems. A comprehensive model for engaging men in therapy will be described and participants will begin to recognize their assets and shortcomings for work with this population.

#### **Learning Objectives:**

- Describe how the masculine gender role contributes to psychological, physical, and relationship problems
- Recognize why traditional men avoid psychotherapy
- List creative models of user-friendly therapy for male veterans

**\* This workshop is co-sponsored by the Delaware Psychological Association for 6.0 APA continuing education credits. See inside front cover for details.**



**One Day Workshops**  
**9:00 am - 4:30 pm July 31**  
**9:00 am - 3:00 pm August 1**

**ONE DAY WORKSHOP**  
**Thursday, July 31**

*Registration fee includes the Keynote and Awards Luncheon*

**#1204 The Essence of Interdependence**  
**Faculty: Al Condeluci, PhD**

Interdependence is, in essence, a simple concept; one that subscribes more to the wisdom of common sense and plain speaking. Interdependence is about relationships on a microscopic, individual level, and a macroscopic, community level, which lead to mutual acceptance and respect. Historically, human service providers have been focused on the individual level challenges of those they serve, rather than considering the community level of involvement. In this workshop, we will shift our focus to a macroscopic view of human service work and explore an interdependence paradigm that is inclusive, diverse, and strength-based. Using this paradigm as a guide can result in multi-layered positive outcomes for the individual and community. A ‘cultural diffusion’ methodology will be introduced and special attention will be paid to the notion of the ‘gatekeeper’.

**Learning Objectives:**

- Describe the paradigms of dependence, independence, and interdependence
- Understand the key features of interdependence
- Explore the four steps of community building

**ONE DAY WORKSHOPS**  
**Friday, August 1**

*Registration fee includes the Keynote and Awards Luncheon*

**#1214 Songs from the Black Chair**  
**Faculty: Charles Barber**

In this workshop we will recount the lessons learned as described in *Songs from the Black Chair*, a memoir of the faculty’s own experience with obsessive compulsive disorder and how it led him to work for a decade in New York City homeless shelters. He will also discuss *Comfortably Numb*, an unprecedented account of the impact of psychiatric medications on American culture. This workshop will critique the over-use of antidepressants and focus on the non-pharmacological psychosocial perspective of mental health conditions and treatment options as taught in the psychiatry department at Yale. Content will include the crucial role of self-direction and how true recovery takes more than a pill.

**Learning Objectives:**

- Understand the perspectives and role of the consumer-provider and peer-run services
- Identify the cultural and historical factors of psychiatric drug utilization in the United States
- Describe how social context is critical to recovery
- Discuss the lessons of the consumer-led recovery movement

**#1218 Understanding Links Between Adolescent Trauma and Substance Abuse**  
**Faculty: Susan Mullens, MS, LPC, CADC**

This workshop is designed to help professionals and families better understand adolescents who use substances and struggle with histories of violence, abuse, and witnessing traumatic death. The workshop will provide an in-depth exploration of the *Understanding Links Between Adolescent Trauma and Substance Abuse: A Toolkit for Providers*, giving participants tools and strategies for engagement and treatment. Participants will also learn motivational interviewing techniques for leveraging youths’ readiness to make positive health choices.

**Learning Objectives**

- Describe the concepts and strategies for engaging and treating adolescents with trauma and substance use backgrounds
- Understand application of the Toolkit in participants’ practice
- Explore motivational interviewing techniques applicable to working with adolescents





Monday

Tuesday

Wednesday

9:00 10:00 11:00 12:00 1:00 2:00 3:00 4:30 9:00 10:00 11:00 12:00 1:00 2:00 3:00 4:30 9:00 10:00 11:00 12:00

Keynote Address #1213 Beyond the Diagnoses  
Awards Luncheon

#1186 NOV  
#1205 Beyond Talk Therapy: Brain Gym® - A Key to Resiliency  
#1208 Process and Techniques of Group Counseling  
#1192 The Active Ingredients of Positive Change: Personal and Professional  
#1196 Strengths-Based, Person-Centered Planning: Toward Community P  
#1201 Helping Women Recover  
#1210 Ethical Issues in Recovery  
#1188 The ART of Counseling  
#1187 Helping People Change  
#1189 CBT for Medication Adherence  
#1212 Clinical Suicidology  
#1191 Treatment Planning  
Acupuncture Experience (Lobby)  
#1207 Beyond Diffe  
#1215 Phenomenolo  
#1190 Voices of Gir  
Community Exhibi

Mind Storm  
Book Seller U c  
Nothing To Hide P

EVENING WORKSHOPS

Monday

Tuesday

Wednesday

6:00 PM 7:00 PM 8:00 PM 9:00 PM 7:00 PM 8:00 PM 9:00 PM 7:00 PM 8:00 PM

#1210 Ethical Issues in Recovery  
#1073 Express Yourself

#1209 Acupuncture

#1179 Navigating



# A Glance



Wednesday	Thursday	Friday
1:00 2:00 3:00 4:30	9:00 10:00 11:00 12:00 1:00 2:00 3:00 4:30	9:00 10:00 11:00 12:00 1:00 2:00 3:00
VA: Basic Crisis Response Training		
	#1199 Bringing Out the Best in Challenging Clients	
	#1200 Forgiveness, Remorse, and Reconciliation: Lessons Learned	
	#1202 Increasing Staff Performance	
Practice	#1197 After an Attempt: Using Cognitive Therapy to Prevent Subsequent Attempts	
	#1198 Beyond Trauma: A Healing Journey for Women	
ferences	#1206 The New Psychology of Men	
ogy of Male Vets	#1217 Mental Health First Aid	
ls	#1204 The Essence of Interdependence	#1216 Cultural Competence
		#1214 Songs From the Black Chair
tors (Room 101A)		#1218 Understand Adolescent Trauma
		Acupuncture Experience (Lobby)
n Simulator		
of D Book Store		
otography Exhibit		

Wednesday	Thursday
9:00 PM 9:00 PM	6:00 PM 7:00 PM 8:00 PM 9:00 PM
g the VA	#1203 Brain Gym
	#787 CPR / AED

## Legend

- 5 – Day Workshop
- 3 – Day Workshops
- 2 – Day Workshops
- 1 – Day Workshops
- Evening Sessions
- Monday Half-Day Workshops



# One Day Workshops & Evening Mini Workshops



## FRIDAY - ONE DAY WORKSHOP

August 1, 9:00 am to 3:00 pm

*Registration fee includes the Keynote and Awards Luncheon*

### #1216 Providing Recovery - Oriented Care to Diverse Populations

**Faculty: Anelle B. Primm, MD, MPH &  
MaJose Carrasco, MPA &  
Nancy Carter**

The purpose of this workshop is to help mental health professionals, consumer advocates, and others understand depressive illness in the context of ethnically, racially, and linguistically diverse and underserved populations. This will be accomplished through a session with didactic, audiovisual, and interactive elements presented by a physician/family member/consumer team. This team will integrate scientific information with the lived experience of depression in people of color and those from linguistically diverse groups. Participants will learn how to recognize depression in diverse populations, how to communicate effectively across cultures, and how depression should be treated in order to eliminate disparities in quality of care and outcomes.

#### **Learning Objectives:**

- Identify appropriate screening, diagnoses, and treatment options that will result in culturally competent, person-centered, recovery-oriented depression care
- Demonstrate how a professional's culture and a consumer's culture can affect diagnoses and treatment
- Develop strategies for effective cross-cultural communication between professionals and consumers with depression

## EVENING MINI WORKSHOPS

6:00 pm to 9:00 pm

(Pre-registration and payment required)

**Monday, July 28 6:00 pm to 9:00 pm**

### #1210 Ethical Issues in Recovery-Oriented Programs and Practices

**Faculty: Taylor Anderson, MSW, LSW, CPRP**  
(\$75.00 registration fee required)

Recovery-focused practice principles require a reframing of some generally accepted ways of thinking about boundary conditions and the application of ethical precepts. This workshop explores a number of areas, including the inclusion of peer specialists in paid program positions, that one may need to consider when thinking ethically about decisions affecting current practice. Questions are welcome.

See page 2 of the brochure for learning objectives.

**Thursday, July 31 6:00 pm to 9:30 pm**

### #787 Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) Training

**Faculty: Christopher Knox, MA**  
(\$30.00 registration fee required)

Successful completion of this workshop will result in American Heart Association certification in Heartsaver/AED. Training in CPR and AED skills will enable the rescuer to use all the steps in the cardiac chain of survival.

#### **Learning Objectives:**

- Complete the Heartsaver CPR and AED skills practice session
- Understand the role of the AED
- Describe cardiac arrest symptoms and the chain of survival concept for adults, children, and infants



# Free Evening Sessions 7:00 pm to 9:00 pm

## FREE EVENING SESSIONS

*Sessions are open to the public and do NOT require pre-registration*

### Monday, July 28

#### #1173 Express Yourself! A Shake Your Soul® and Process-Based Art Experience

**Faculty: Karen Barwick, MS, NCC**

Discover the benefits of authentic movement/creative process as a means of accessing and developing inner resources. Participants will be guided through a series of movements designed to embody cognitive concepts, such as “letting go”, “grounding”, “freedom”, “personal power”, and “inner strength”. Shake Your Soul® embraces cultural diversity through its use of invigorating world music. No experience or fitness level is required. These techniques are often effective when used with survivors of trauma. Wear comfortable, loose fitting clothing for movement.

### Wednesday, July 30

#### #1179 Navigating the Veterans Administration

**Faculty: Kent Johnson, LCSW, CADC**

This workshop will provide the basic eligibility criteria for veterans to receive services offered through the Department of Veterans Affairs (VA). Application procedures, information needed to process the application, and specific documentation and forms that are needed will be presented. An overview of the services offered to veterans by the VA and eligibility requirements will be discussed. Individuals who receive VA services will share their personal experiences.

### Tuesday, July 29

#### #1209 Acupuncture: An Ancient Art Becomes a Counseling Practice

**Faculty: Tita Gontang, LCSW, CADC, ADS & Vicki L. Esham, CADC, ADS**

The use of acupuncture for the treatment of co-occurring disorders is a recent development in the history of this ancient art. Since 1972, when a Hong Kong neurosurgeon, H.L. Wen, MD, discovered that acupuncture could alleviate the symptoms of withdrawal, this method has been used for detoxification and relapse prevention. Acupuncture Detoxification Specialists from Ellendale Detoxification Center will provide an educational overview of the practice, and give participants an opportunity to observe as well as experience the treatment.

### Thursday, July 31

#### #1203 FUNdamentals of Brain Gym®

**Faculty: Paul Hyman & Pam Whitman, MA**

This evening presentation of Brain Gym® is designed for anyone interested in natural solutions to stress, improving memory, sharpening skills, making effective changes, improving productivity, and enhancing performance. Brain Gym is being used by students, business people, athletes, seniors, performing artists, and healthcare professionals around the world. Experience a sampling of “smart moves” and understand why learning is not all in your head. Come ready to have fun!

**Did you notice?**  
**Special interest workshop tracks include:**

- Adolescents
- Cultural Competency
- Gender Informed Care
- Holistic Treatment Strategies
- Leadership/Management
- Person Centered Treatment Planning & Strengths
- Trauma Informed Care
- Veterans

Visit website for details



# Summer Institute Faculty



**Carol Ackley, LADC** is the owner and Director of River Ridge Treatment Center in Minnesota and is the Director of A.C.T., a non-profit consulting and training organization. Ms. Ackley is a local and national speaker on issues of chemical health. She has been closely associated with Dr. Stephanie Covington and the Center for Gender and Justice developing gender-responsive programming for women and girls since 1997.

**Ruth Anderson-Cole CA, CCR** is a counselor at Tri-County Youth Services Bureau, Inc. She developed and implemented the Victim Services Program for the Charles County Sheriff's Office. She developed, implemented, and managed the Maryland Department of Juvenile Services, Maryland Project Responsibility, an education service about victim services, impact of victimization on society and ensuring that victims are compensated for their loss because of crimes perpetrated by juveniles. Ms. Cole is a NOVA Certified Crisis Responder, National Credentialed Advocate, and Certified Trainer.

**Taylor B. Anderson, MSW, LSW, CPRP** has many years of experience in different practice settings and levels of care. She is the Associate Director of Behavioral Healthcare Education, an interdisciplinary continuing education division of the Department of Psychiatry at Drexel University College of Medicine. She has both written curricula for, and taught about, ethical practice in non-traditional settings for the past fourteen years. Her specialty areas include working with persons having co-occurring psychiatric and substance use disorders and defining and evaluating recovery-oriented practice.

**Charles Barber** was educated at Harvard and Columbia and worked for ten years in New York City shelters for the homeless mentally ill. The title essay in his first book, *Songs from the Black Chair*, won a 2006 Pushcart Prize and his most recent book, *Comfortably Numb*, has received great praise. His work has appeared in *The Washington Post*, *The New York Times*, *Scientific*, *American Mind*, and on NPR. He is a senior administrator at *The Connection*, an innovative social services agency, and a lecturer in psychiatry at the Yale University School of Medicine.

**Karen L. Barwick, MS, NCC** is a counselor with SOAR, Inc., specializing in trauma treatment with adult, adolescent and child survivors of sexual abuse. She has completed over 500 hours training in Body-Centered Expressive Therapy, a 1-year internship in Process Painting, 200 hour level yoga teacher training, and is a certified 'Shake Your Soul' and 'Kripalu Yoga Dance' instructor. Ms. Barwick is also completing the requirements to become a Play and Sand Tray Therapist.

**Gary Brooks, PhD**, professor of psychology and neuroscience at Baylor University specializes in post-traumatic stress disorder. A recognized expert on dealing with trauma, Dr. Brooks was invited to address the International Conference on Cognitive Therapy in Oslo, Norway. He is a Fellow of the American Psychological Association and has been president of APA's division of family psychology and the Society for the Psychological Study of Men and Masculinity. Dr. Brooks' research centers around gender studies and masculinity and reveals that contradictory standards exist to define manhood.

**Gregory Brown, PhD** is a research associate professor of clinical psychology in psychiatry at the University of Pennsylvania. He is the Co-Director of the Center for the Treatment and Prevention of Suicide at the University of Pennsylvania. His research has focused on developing, evaluating, and disseminating targeted, psychotherapy interventions for individuals who are indicated as being at high risk for suicide. He co-authored the book, *Cognitive Therapy for Suicidal Patients: Scientific and Clinical Applications*.

**Lea Ann Browning-McNee, MS** is the Outreach & Development Officer for the National Council for Community Behavioral Healthcare, where she creates new programs that connect education to policy and practice priorities. Before joining the National Council, she oversaw the external relations programs of the National Mental Health Association. She has more than 15 years' experience in public education and social marketing and serves as adjunct faculty at the George Washington University Graduate School of Political Management.

**MaJose Carrasco, MPA** is the Director of the National Alliance for the Mentally Ill (NAMI) Multicultural Action Center. Ms. Carrasco is responsible for NAMI's multicultural initiatives at a national level. She is an expert on mental health disparities issues and works to raise awareness and address disparities in mental health access and treatment for communities of color. She serves on the expert panel for the National Institute of Mental Health's Outreach Partnership Program and the board of directors for the Latino Behavioral Health Institute.

**Nancy Carter** is executive director and co-founder of the Urban Los Angeles affiliate chapter of National Alliance on Mental Illness. Ms. Carter is recognized as one of the country's leading advocates for mental health in communities of color. In 2007, Ms. Carter received the NAMI California Consumer of the Year award of excellence for her contributions to mental health consumers. The motto of NAMI Urban says it all – "No Family Stands Alone".

**Al Condeluci, PhD** has been an advocate for building community capacities and understanding culture since 1970. He has worked as an attendant, caseworker, advocate, planner, program director and now, CEO of his organization, UCP/CLASS of Pittsburgh. He speaks to international audiences reaching some 15,000 people annually. His books, *Interdependence*, *Beyond Difference*, *Cultural Shifting*, *Advocacy For Change: A Manual For Action*, *The Essence Of Interdependence*, and *Together Is Better* have won awards for their approach to culture and community.

**Shelly DeBerry, MA, LPC** has worked in the field of counseling for over 25 years in various settings with a variety of populations. She is a licensed professional counselor in West Virginia. Ms. DeBerry is currently employed as a high school guidance counselor in Martinsburg, West Virginia. She is a trainer for Impact Therapy Associates under the direction of Dr. Ed Jacobs and has provided group training at Delaware's Summer Institute for several years.

**Vicki L. Esham, CADC, ADS** has worked as a counselor at Ellendale Detoxification Center since October 1991. She has been an acupuncture detoxification specialist since 2005.

**Tita Gontang, LCSW, CADC, ADS** has worked as a psychiatric social worker for Ellendale Detoxification Center for over 12 years. She trained in acupuncture detoxification procedure at Lincoln Recovery Center in New York with Dr. Michael Smith and Carlos Alvarez. She's a National Acupuncture Detoxification Association registered trainer for acu-detox.

**Fred J. Hanna, PhD** is the director of the School of Applied Psychology and Counselor Education at the University of Northern Colorado. In addition to many years of therapy practice, he serves as a trainer to community agencies and school systems across America. He has developed and published many innovative clinical techniques aimed at creating positive change. He is the author of *Therapy with Difficult Clients: Using the Precursor Model to Awaken Change*.

**Paul Hyman** is a holistic life skills specialist. He was a therapist at the Centre for Addiction and Mental Health in Toronto and is now co-director of Transition Point in San Francisco and Toronto. Mr. Hyman offers international trainings in Brain Gym, Optimal Brain Organization, Vision Circles, Brain Gym for Educators, and Touch For Health. He has received the "Outstanding Achievement & Contribution" award from Brain Gym International. His interest in effective performance began with his career of 15 years as a professional recording musician for popular entertainers, TV, and movie industry.

**David Jobes, PhD, ABPP** is a member of the American Psychological Association, the American Association of Suicidology, the International Association for Suicide Prevention, and the International Academy of Suicide Research. He is a professor of psychology and Co-Director of Clinical Training in clinical psychology at The Catholic University of America. Dr. Jobes has published extensively in suicide prevention and his clinical practice primarily involves individual psychotherapy with adults and adolescents.

**Kent Johnson, LCSW, CADC** has been active in various Delaware social service agencies since 1989. He has served as a behavioral health services social worker since 2000 for the Department of Veteran Affairs. In 2007, he was named the employee of the year at the Wilmington Veterans Affairs Medical Center.

**Barbara Kendall CA, CCR** is the senior training coordinator at NOVA. She worked in the Boulder, Colorado, District Attorney's Office as the director of the victim/witness assistance unit and the director of program development where she was instrumental in the passage of Colorado's Victim Compensation legislation, Colorado's Victims' Bill of Rights, and Colorado's Constitutional Amendment for Victims' Rights. She was a NOVA board member and previous NOVA president.

**Walter Kisthardt, PhD, MSW** is internationally recognized as a dynamic, informative, and entertaining educator. He has been a major contributor to the development, evaluation, and dissemination of Strengths-Based, Person-Centered Community Care. Dr. Kisthardt is the Chair/Director and Associate Professor at the newly accredited BSW Program at Park University. He is collaborating with Oklahoma and Kansas to provide training and evaluate the effectiveness of strengths-based, person-centered practice with those affected by co-occurring disorders.

**Christopher Knox, MA** is a training administrator with DSAMH, and holds a graduate degree in Industrial/Organizational Psychology. Mr. Knox has worked for PECO Energy and has written on the subjects of management development, succession planning, and performance appraisal. In addition to more than nineteen years of experience in the human services, he is a certified AHA CPR/AED Trainer.

**Susan Mullens MS, LPC, CADC** has been working in the mental health and substance abuse field for the past 16 years as a counselor, psychologist, and clinical supervisor. She is a licensed psychologist and certified addictions counselor in West Virginia. She is a senior staff member at the Youth Health Service in West Virginia, on the Board of Directors for the West Virginia Association of Alcoholism and Drug Abuse Counselors, and is a member of the Substance Abuse Committee of the National Child Traumatic Stress Network.

**Twyla Peterson Wilson, LCSW** established a psychosocial rehabilitation program and was Administrative Director of the partial hospital program and the centralized evaluation unit in the department of psychiatry at Duke Medical Center. Always an advocate for client-centered treatment, she has taught in the family studies program and the Duke Addictions Program. She has a private practice emphasizing compassionate, holistic treatment of women with addictive disease and is honored to train on Dr. Covington's comprehensive, empowering, healing curricula, which she has used extensively in her work.

**Annelle B. Primm, MD, MPH** is a board certified psychiatrist and Director of the Office of Minority and National Affairs at the American Psychiatric Association. She is an Associate Professor of Psychiatry at the Johns Hopkins School of Medicine. Dr. Primm is the producer and host of educational videotapes on depression: *Black and Blue: Depression in the African American Community* and *Gray and Blue: Depression in Older Adults*. She has published and lectured extensively on community psychiatry, cultural psychiatry, and ethnic and racial disparities in mental health care.

**Fran Register-Joyner, MEd** is director of the Targeted Case Management Unit for the Philadelphia Behavioral Health System, where she provides administrative oversight to intensive case management, community treatment, and ACT teams throughout the city. During her 25 years of experience in the field of mental health, she has designed, developed, and implemented training programs for case managers in several states. Ms. Register-Joyner has participated in program development and systems integration for individuals with co-occurring disorders.

**Donna Sudak, MD** is a professor in the Department of Psychiatry at the Drexel University College of Medicine and the director of psychotherapy training. Dr. Sudak is a graduate of the Medical College of Pennsylvania, and completed her psychiatry residency at the University of Washington. She is an adjunct faculty member at the Beck Institute for Cognitive Therapy and Research and has a private practice in Philadelphia. She has played a major role in developing suggested guidelines for competency in cognitive therapy.

**Wilma Townsend, MSW** is a nationally recognized expert on consumer focused recovery. She is involved in a research project entitled "Actualization of Best Practice Model System-Wide: Examination of Recovery-Oriented Services and Outcomes." Ms. Townsend contributed to the President's New Freedom Mental Health Commission and developed trainings on Recovery Management Plan, a person-centered care roadmap to bring recovery alive in treatment planning. As the author of the *Emerging Best Practices in Mental Health Recovery*, she has committed her work to this practice.

**James M. Walsh, PhD** is an assistant professor and assistant program coordinator of the Master of Science in Community Counseling program at Wilmington University. As a licensed and board-certified counselor, he provides services to individuals with chronic mental health conditions. He also maintains a private practice in pastoral counseling, and is a psycho-forensic evaluator for the Office of the Public Defender in Delaware.

**Pam Whitman, MA** is a Life Skills Coach, instructor/consultant and director on the Brain Gym® International Foundation Board. As co-director of Transition Point in Toronto and San Francisco for 11 years, she is a specialist in whole-brain integrative learning using Brain Gym with children, teens and adults having ADD/HD, delayed development, Autism, Aspergers, Alzheimers, stroke, head injury, and academics/sports/music performance challenges.

# General Information



## Registration & Payment

- Fees are listed on the Registration form on page 20.
- Registrations can be completed via U.S. mail, fax, or on-line at <http://www.dhss.delaware.gov/si08>
- FAX and ON-LINE registrations are accepted ONLY if payment is by credit card. Send faxes to: University of Delaware, Conference Services, attention Gail Lanius at (302) 831-2998.
- Payment MUST accompany all registrations.
- If a scholarship has been awarded, a copy of the scholarship award letter MUST accompany the registration. Registrations will not be processed if fees and copy of scholarship award letter (as applicable) are missing.
- Walk-in registrations will be accepted on a space available basis.

Take  
5 days for  
best daily  
rate &  
save \$\$\$!

### CANCELLATION - NO SHOW - REFUND POLICY

Registrants who do not cancel and do not attend forfeit all fees paid and are obligated to pay any outstanding balance. Cancellations received in writing at Conference Services by Friday July 25, 2008 will result in a refund of all fees paid. Cancellations after that date will not be eligible for a refund.

### ACCOMMODATIONS

Participants may opt to stay at the Homewood Suites by Hilton at 640 S. College Avenue in Newark, phone (302) 453-9700. The conference rate for participants is \$139.00 plus tax. You must make your reservation before June 27, 2008 in order to get this rate. This rate includes a daily hot breakfast and dinner. Complimentary transportation to and from Clayton Hall is provided by the hotel. You must identify yourself as a "Summer Institute Participant" when making the reservation. Reservations for these hotel accommodations should be made by the participant.

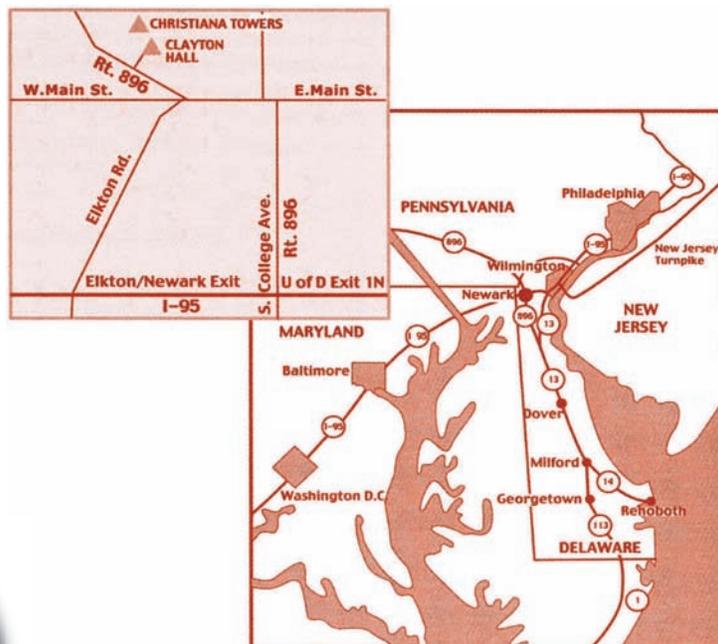
### DISABILITY ACCOMMODATIONS

Designated handicapped parking is available behind Clayton Hall. To request other disability accommodations, contact Conference Services at the University of Delaware at least 10 days in advance of the program.

(302) 831-2216 (voice) (302) 831-4552 (TDD) (302) 831-2998(FAX)

### LOCATION

The Summer Institute is held at The University of Delaware Clayton Hall, 100 Pencader Way, Newark, Delaware 19716. Clayton Hall is easily accessible by car (I-95), train (Amtrak Station, Wilmington), or air (Philadelphia Airport).



The University of Delaware is committed to ensuring equal opportunity to all persons and does not discriminate on the basis of race, color, gender, religion, ancestry, national origin, gay, lesbian, bisexual or trans-gendered preference, veteran status, age or disability in its educational programs, activities, admissions, or employment practices as required by Title IX of the Educational Amendments of 1972, Title VI of the Civil Rights Act of 1964, the Rehabilitation Act of 1973, the Americans with Disabilities Act and other applicable statutes and University policy. Inquiries concerning these statutes and information regarding campus accessibility should be referred to the Affirmative Action Office, 305 Hullihen Hall. (302)831-2835 (voice), (302)831-4552 (TDD).

### MEALS

#### Keynote Awards Luncheon

The Keynote Awards Luncheon on Monday, July 28th is included with all daytime registrations.

#### Refreshments:

You are probably aware of the State's current fiscal situation. In keeping with our commitment to cost-effectiveness, you will find that we have, by necessity, modified our break refreshments. Refreshments will be available for sale in the Clayton Hall lobby area. We appreciate your understanding.

#### Pencader Cafeteria

If you choose to purchase a lunch ticket for the Pencader Cafeteria, select the option on the registration form.

### FOR ADDITIONAL INFORMATION

Registration, fees, cancellations, and meals:  
Gail Lanius (302) 831-2214 or e-mail [glanius@udel.edu](mailto:glanius@udel.edu)

#### Other Issues:

Dana Wise or John Zugger at the DSAMH Training Office

**Delaware Division of Substance Abuse and Mental Health**



**KELLEY/PAZZAGLINI AWARD**

**NOMINATION GUIDELINES**

The Kelley/Pazzaglini Award is a very special and meaningful honor in Delaware and recognizes an individual who has demonstrated a significant commitment to the field of behavioral healthcare and whose involvement, service, and contributions to the improvement of the field is noteworthy and exceptional. The nominee's contribution should be recognized as making an important and ongoing impact on the system, which is above and beyond the expectations of their day-to-day work. This award is intended to recognize someone who considers personal and professional development as critical to the effective provision of services and who has clearly demonstrated this in their practice.

Patrick Kelley and Mario Pazzaglini, PhD were teachers, psychotherapists, and associates to many people within the Division of Substance Abuse and Mental Health and within other human service agencies in Delaware. Pat Kelley taught at the Institute from 1975 to 1982 and died of AIDS in 1984. Pat's work challenged us to explore and examine ourselves as the prerequisite for effectiveness as change agents with institutions or with individuals.

Mario Pazzaglini, PhD taught at the Institute from 1978 through the 27th Institute in 1998. He died on December 5, 1998. Mario was a master teacher and psychologist. His interests in ancient civilizations, mathematics, and art brought a depth to his work that presented to all who worked with him an understanding of the human psyche not tethered by any current fad or limitation of previous learning. Mario viewed learning and growth as containing within it all the emotions, thoughts, and imaginations of a person. He consulted with or worked in just about every addiction and mental health program in the state during thirty years as a psychologist.

To be eligible nominees must be employees of DSAMH or staff of DSAMH contracted programs. Nominations are invited from state operated and contracted DSAMH programs and the Central Office of DSAMH. Executive Staff of the Delaware Division of Substance Abuse and Mental Health will make the final selection.

The individual selected for this award will receive a full scholarship to the Summer Institute, documentation as to the receipt of the award, and recognition of receipt during the Institute Awards Ceremony on Monday, July 28, 2008.

*Questions should be directed to the Training Office at (302-255-9480)*



# Kelley / Pazzaglini Award Nomination Form



## Nomination For Kelley/Pazzaglini Award 37th Summer Institute, 2008



See the reverse side of this form for a description of characteristics to be considered in nominating for this Award.  
Use one form per nominee.

### Please Print or Type:

**NAME:** \_\_\_\_\_  
*Individual being nominated for award.*

**NOMINEE JOB TITLE:** \_\_\_\_\_

**NOMINEE AGENCY/PROGRAM:** \_\_\_\_\_

### **HOW DOES THE NOMINEE EXEMPLIFY THE CRITERIA AND HIGH STANDARDS OF THIS AWARD:**

Based on the criteria listed on the reverse side of this form, why is this person being nominated? (Use attachment if additional space is needed)

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**THREE** (3) or more examples of how the individual exemplifies personal/professional excellence and their commitment to professional development and practice: (Use attachment if additional space is needed)

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Attach/include documentation to support this application. Resume/Curriculum Vitae would be helpful.

**NOMINATOR TELEPHONE:** \_\_\_\_\_ **NOMINATOR TITLE (S):** \_\_\_\_\_

**NOMINATOR AGENCY:** \_\_\_\_\_

**NOMINATOR ADDRESS:** \_\_\_\_\_

**THANK YOU** for taking the time to acknowledge the importance of recognizing our colleague's work.

**To be considered, nominations must be submitted on this form, by Friday, June 20, 2008 to:**

**Pazzaglini Award Committee • Division of Substance Abuse and Mental Health Training Office  
Springer Building • 1901 N. Dupont Highway • New Castle, DE 19720 • 302/255-4450 (fax)**



# Registration

Complete both sides of this form. Illegible registrations will not be processed!

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Disabled: Yes No  
 Business Phone: (\_\_\_\_) \_\_\_\_\_ Home Phone: (\_\_\_\_) \_\_\_\_\_ Gender: Male Female  
 Business Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Billing Address (If different from Business Address) \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Organization: \_\_\_\_\_ Title: \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_

Highest Grade Completed: (Circle One): 12/GED AA LPN RN BA/S MA/S MSW PH/MD  
 Ethnicity/Culture (Circle One): African American Alaskan Native Asian American Caucasian  
 Hispanic Native American Pacific Islander Other

Do you request any of the following services? Sign Language Interpreter Oral Interpreter Other  
 I will be applying for CE credit with APA CEAP CRC DBN DCB DSBSWE NAADAC NCC NCGC

Check here if you do NOT want to be included on the distributed List of Attendees for the 2008 Summer Institute

How did you hear about this year's Summer Institute? (Circle Choice)  
 Web/E-Mail Media (radio, print, TV) Brochure Co-Worker Employer/Supervisor Other

I \_\_\_\_\_ will \_\_\_\_\_ will not attend the Keynote and Luncheon on Monday

**KEYNOTE: MONDAY JULY 28 9:00am to 12:00 pm**  
 \_\_\_\_\_ #1213 Beyond the Diagnoses

**KEYNOTE AND HALF DAY WORKSHOP:  
 MONDAY JULY 28 9:00am to 4:30pm**  
 \_\_\_\_\_ #1210 Ethical Issues in Recovery  
 \_\_\_\_\_ #1188 The 'Art' of Counseling  
 \_\_\_\_\_ #1187 Helping People Change

**5-DAY WORKSHOP: MONDAY JULY 28 1:30pm to 4:30pm  
 THRU FRIDAY AUGUST 1 9:00am-3:00pm**  
 \_\_\_\_\_ #1186 NOVA: Basic Crisis Response Training

**3-DAY WORKSHOPS: MONDAY JULY 28 1:30pm to 4:3 pm  
 TUESDAY JULY 29 & WEDNESDAY JULY 30  
 9:00am to 4:30pm**  
 \_\_\_\_\_ #1205 Beyond Talk Therapy: Brain Gym® - A Key to Resiliency  
 \_\_\_\_\_ #1208 Group Counseling: Process and Techniques  
 \_\_\_\_\_ #1192 The Active Ingredients of Positive Change  
 \_\_\_\_\_ #1196 Strengths-Based, Person-Centered Planning  
 \_\_\_\_\_ #1201 Helping Women Recover

**2-DAY WORKSHOPS: THURSDAY JULY 31 9:00am to 4:30pm  
 FRIDAY AUGUST 1 9:00am to 3:00pm**  
 \_\_\_\_\_ #1202 Increasing Staff Performance  
 \_\_\_\_\_ #1200 Forgiveness, Remorse, and Reconciliation: Lessons Learned  
 \_\_\_\_\_ #1198 Beyond Trauma: A Healing Journey for Women  
 \_\_\_\_\_ #1206 The New Psychology of Men  
 \_\_\_\_\_ #1199 Bringing Out the Best in Challenging Clients  
 \_\_\_\_\_ #1217 Mental Health First Aid  
 \_\_\_\_\_ #1197 After an Attempt

**1-DAY WORKSHOPS: TUESDAY JULY 29 9:00am to 4:30pm**  
 \_\_\_\_\_ #1189 Cognitive Behavioral Therapy / Medication Adherence  
 \_\_\_\_\_ #1212 Clinical Suicidology  
 \_\_\_\_\_ #1191 Treatment Planning

**1-DAY WORKSHOPS:  
 WEDNESDAY JULY 30 9:00am to 4:30pm**  
 \_\_\_\_\_ #1207 Beyond Differences  
 \_\_\_\_\_ #1215 Phenomenology of Male Veterans  
 \_\_\_\_\_ #1190 Voices

**THURSDAY JULY 31 9:00am to 4:30pm**  
 \_\_\_\_\_ #1204 The Essence of Interdependence

**FRIDAY AUGUST 1 9:00am to 3:00pm**  
 \_\_\_\_\_ #1216 Cultural Competence  
 \_\_\_\_\_ #1214 Songs From the Black Chair  
 \_\_\_\_\_ #1218 Understanding Adolescent Needs

**MINI-WORKSHOP 6:00 pm to 9:00 pm  
 MONDAY JULY 28**  
 \_\_\_\_\_ #1210 Ethical Issues in Recovery

**MINI-WORKSHOP 6:00 pm to 9:30 pm  
 THURSDAY JULY 31**  
 \_\_\_\_\_ #787 CPR & AED



# Registration



**Registration:** You can register for any combination of workshops. Monday's keynote address and luncheon are included when you register for any daytime workshop. Tuition is based on the total number of days of training for which you are registering, as follows:

1. Tuition:	3 Hour Keynote Address and Awards Luncheon only	\$75.00
	3 Hour Evening Mini-Workshop: Ethics	\$75.00
	CPR - AED	\$30.00
	1 Full Day of Training/Continuing education- Choose from:	
	Keynote/ Luncheon and ½ Day Workshop (Monday only)	\$150.00
	1-Day Workshop	\$150.00
	2 Full Days of Training	\$250.00
	3 Full Days of Training	\$350.00
	4 Full Days of Training	\$450.00
	5 Full Days of Training	\$550.00
Total Tuition .....		\$ _____

**Take  
5 days for  
best daily  
rate & save  
\$\$!**

2. Lodging Options: See page 16, Accomodations section.

3. Pencader Cafeteria						
Lunch	\$10.55/meal	Tuesday	Wednesday	Thursday	Friday	\$ _____
Total Meals.....						\$ _____

Tuition and Meals.....\$ \_\_\_\_\_

Scholarship Amount (if applicable- include copy of award).....minus \$ \_\_\_\_\_

4. **TOTAL AMOUNT DUE**..... \$ \_\_\_\_\_

**PAYMENT METHOD:**

Enclosed is a check made payable to: University of Delaware

Please charge my credit card:   VISA           MasterCard           Discover           Amex

**Visa, MasterCard, or Discover:** Please enter your account number (include all raised numbers on your credit card) followed by the last 3 imprinted digits on the back of the card.

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**AUTHORIZED SIGNATURE ON CREDIT CARD** \_\_\_\_\_

**TO REGISTER:**  
**Online:** [www.dhss.delaware.gov/si08](http://www.dhss.delaware.gov/si08) (credit card only)  
**Fax:** (302)831-2998 Attn: Gail Lanius, Conference Services (credit card only)  
**Mail:** Conference Services  
 University of Delaware  
 Newark, DE 19716-7430 (checks and credit card)  
 Questions? Phone: Gail Lanius (302)831-2214



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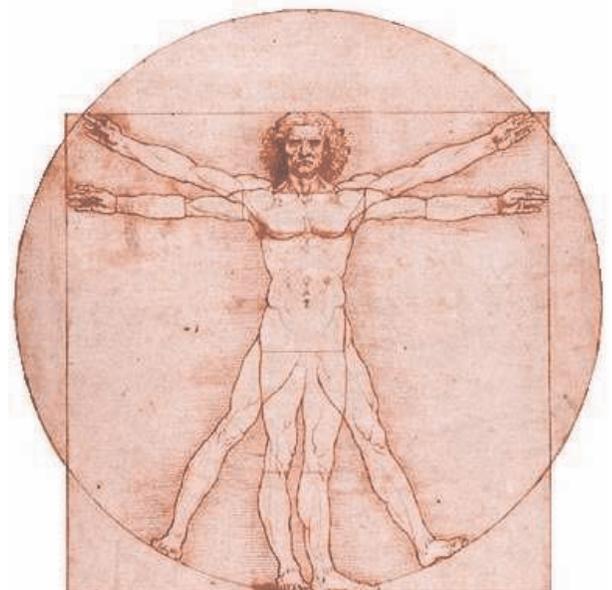
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would like to express our gratitude to these agencies and corporations for their generous support of the 37th Annual Summer Institute. Their sponsorships are essential to the Division of Substance Abuse and Mental Health's ability to deliver an annual Summer Institute providing strong educational training, professional development, and networking opportunities which promote recovery throughout the region.



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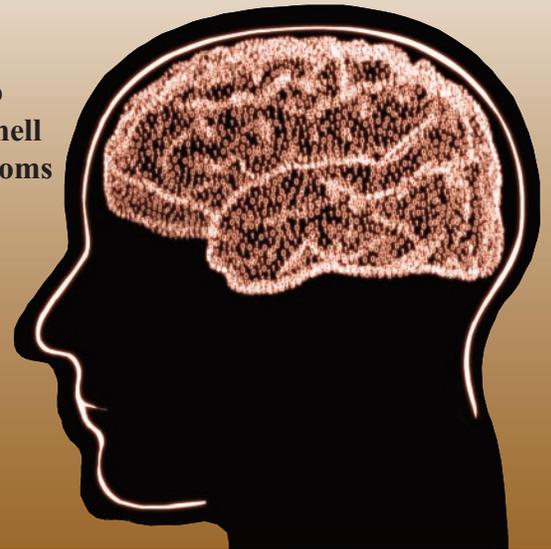
# NOTHING TO HIDE: Mental Illness in the Family

is a traveling exhibit featuring 20 photographs and first-person accounts of families who defy the stigma of mental illness by speaking candidly about their lives.



## MINDSTORM: A Virtual Hallucination

MINDSTORM theater experience offers a chance to understand what it may feel, smell and sound like to experience symptoms of schizophrenia and other psychotic disorders.



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